

Bowl-a-thon a Success

The CHR Building Big Brothers/Big Sisters Bowl-a-Thon committee is expressing its thanks to employees who supported this year's annual fundraiser. CHFS employees in Frankfort raised about \$9,800. Once all pledges have been collected, the total is expected to reach \$10,000, the Cabinet's goal.

"I am so proud of CHFS employees who helped us meet our goal by participating in the event to raise money for Big Brothers and Big Sisters," said CHFS Secretary Janie Miller. "Our employees go above and beyond the call of duty every day. And when they are given the opportunity to do more, they always do. The people of Kentucky are lucky to have these men and women working on their behalf."

CHFS came in second in Bowl-a-Thon fundraising efforts in state government. The Governor's Office placed first with close to \$13,000.

April is Child Abuse Prevention Month

By Anya Armes Weber

April is Child Abuse Prevention Month, and staff can be mindful of ways they can help protect children.

Here are some ideas to help prevent child abuse and neglect:

If you suspect child abuse or neglect, report it. It's the law. Call the state's 24-hour hot line at (800) 752-6200. If a child is in imminent danger, call 911.

Wear a blue ribbon, which serves as a reminder to keep kids safe.

Be a friend to a parent. Let them know they are not alone. Just being able to express frustration can help them ease tension.

Give a parent a break. Offer to watch neighborhood children to give caregivers some down time.

Don't discipline children when your anger is out of control. Take a timeout to collect your thoughts.

Ten-Ure Plans Conference

The State Employee Ten-Ure Organization will have its 58th annual conference May 6-8 at the Hurstborne Holiday Inn in Louisville. The conference theme for 2009 will be "Dealing with the Changing Times in 2009." The conference will focus around a health awareness theme, with workshops and continuing education credit classes in energy formula, identity theft, self-defense and building hope in stressful times. The event's featured speaker will be Ralph Fitzpatrick, dean of African-American Studies at the University of Louisville. For more information, contact state

Ten-Ure president Gary Brooks at gary.brooks@ky.gov or visit the organization's Web site at www.ten-ure.org.

Staff Asked to Share Stories of Volunteerism

By Anya Armes Weber

Are you an active volunteer? Do you give time and effort to a special nonprofit agency in your town? What charities are close to your heart?

CHFS staff is asked to share their stories of service with Focus readers for special recognition.

Employees who volunteer can submit accounts of their service to the statewide CHFS employee newsletter.

Focus readers want to know how you are involved in your communities. What agencies do you help? How much time do you give to your cause? What have been your greatest rewards?

E-mail your submissions to [Anya Weber](mailto:Anya.Weber), Division of Communications, by Tuesday, April 14. The Kentucky Commission on Community Volunteerism and Service will recognize staff who submits their stories.

April 19-25 is Kentucky Volunteer Week, and the stories will run in the Focus on April 20. Submissions may be edited for style and length. Photos are welcome. Please include your staff position and county location.

Thank you for sharing your stories of service.

FRYSCs Aid Families after Winter Storm

By Anya Armes Weber

Staff of the state's Family Resource and Youth Services Centers was instrumental in helping their students and families cope in the aftermath of the winter storms earlier this year. Here is a brief look at what some of the centers did to help support their communities. Learn more about FRYSCs [online](#).

Lee County Family Resource Center

Staff provided clothes, shoes and personal items to a family who lost their home and all belongings in a fire. Staff provided food baskets for families who lost food because of power outages.

ASK Youth Services Center, Trigg County Middle and High Schools

For students who needed to bathe at school because of utility outages, staff provided towels and wash cloths to the schools once they reopened after the storm.

Clark Moores Middle School Youth Service Center, Madison County

Staff arranged for transportation to and from school, did several loads of laundry, provided families food and helped pay utility bills.

Murray Family Resource and Youth Services Center and Calloway County Family Resource Center

Staff donated food, personal care kits and ice to store medicine to the Calloway County Red Cross.

Franklin Simpson High School Youth Service Center, Simpson County

The YSC had a drive for students to bring in baby formula, diapers, water and blankets.

Sandra Westerman Youth Services Center, Christian County High School

Working with the Volunteer Fire Department, churches and local businesses, staff provided food, blankets and toiletries to families staying in the area shelter. Staff also coordinated kerosene donations.

Grayson County Family Resource Center

Center staff worked at shelters for four days and opened a countywide child care center for children for a week while schools were closed during the recovery period. Staff also provided food and clothing and referred families to help with finding shelter and utility assistance.

Muhlenberg County Family Resource and Youth Service Centers

Staff helped in contacting families to give them gift cards from local businesses, provided through a bequest from a local resident.

Carter County Family Resource and Youth Services Centers

Staff worked with the Salvation Army Service Unit and the City of Grayson Emergency Management Services to open a shelter for storm victims. The shelter was open for five days and provided overnight service to about 14 people. It also provided up to 100 meals a day, and helped families obtain kerosene, water, propane, medicine, diapers, food, blankets and other supplies.

Leestown Middle School Youth Services Center, Fayette County

Staff assisted a family whose home was flooded because of broken water pipes. The center coordinated donations of three beds, a sofa, chairs, end tables, coffee tables, school supplies and clothes from the center's clothing bank.

Building Bridges Family Resource Center, Lincoln County (Stanford Elementary)

Staff provided beverages, diapers and baby wipes to families in shelters.

Henderson County Family Resources and Youth Services Centers

Staff provided food and blankets to families that participate in the centers' weekend food program.

Taylor County Elementary Family Resource and Youth Services Centers

During the week after the storm, the school was on a one-hour delay and did not serve a breakfast in the cafeteria. More than half of the students are on free or reduced lunch and were arriving at school hungry. Center staff set up a station to give out toaster pastries to all students. The FRC also opened the school's shower facilities and provided toiletries to students who needed them.

Hancock County High School Youth Services Center

For a week after the storm, YCS staff provided food for students without power to take home in a backpack. Staff also volunteered at an emergency shelter and kept in close contact with families of the students.

Webster County Family Resource and Youth Services Centers

Staff worked at an emergency shelter, where they served food and recruited new volunteers for the county centers.

Jonathan-South Family Resource Center, Marshall County

Staff provided transportation, kerosene heaters and food for families. For one family, who had been staying in a shelter for 13 nights, staff rented a cabin at Kenlake State Park. Staff also made sure families were aware of the opportunity for food stamp replacement.

Hancock County Family Resource and Youth Services Center

Staff worked in the local shelter and delivered disaster relief meals and supplies to families who could not leave their homes. Students whose homes were without power were given snacks and water to take home.

Harbour Youth Service Center, Calloway High School, Calloway County

Staff made arrangements for students who needed showers. They enlisted teachers' help by asking each teacher to donate one towel and had toiletries and plenty of clothing available. Staff distributed food, made daily announcements about free services and shelter available to families and made several referrals to other local agencies.

U.N.I.T.Y. Family Resource Center, Muhlenberg County

Staff checked in on families soon after the storm and provided many with Wal-Mart gift cards and linked them to community resources to help with funding to get emergency utilities. The school opened a community shelter for one week and distributed thousands of meals and bottles of water. For weeks after the storm, staff continued to assess families' needs and link them to resources.

Central City Family Resource Center, Muhlenberg County

Staff delivered gift certificates and meals to families and provided toiletries for students who needed showers at the school.

Natcher Elementary Family Resource Center, Warren County

Staff and the school PTO sponsored a chili dinner and asked each participant to bring a donated item to support the Salvation Army. Several boxes of donations were delivered.

Pathways FRYSC, Hart County

Staff helped families clear their walkways, stack firewood and delivered kerosene. They also provided clothing, laundry detergent and basic school supplies to students who were relocated from their homes.

Dixie Magnet Elementary School Family Resource Center, Fayette County

Through a partnership with God's Pantry, staff sent regular weekend food packs home early and included more food items for those who lost food because of the storm.

Nicholasville Elementary Accelerated School, Family Resource Center, Jessamine County

Thanks to local support, students were assisted by the center's weekend food program. A local banker who regularly collaborates with the center provided \$400 worth of socks, underwear, sweatpants and coats.

Lee County Youth Services Center

Staff distributed coats donated by Girl Scout troops.

Eugenia Whitt Blackberry Elementary Family Resource Center, Pike County

Staff aided a family whose home was destroyed by fire. The Red Cross provided clothing vouchers for each family member. FRC staff provided backpacks and school supplies. The FRC coordinator, an amateur photographer, took a few family pictures that replaced the ones that were lost in the fire.

South Heights Elementary School Family Resource Center, Henderson County

Many of the school's families were forced to leave their homes because of the lack of utilities. FRC staff kept in contact with them via cell phone or at the shelters until they could return home. Staff provided toiletries for students and even did laundry for those who needed it. FRC staff asked the cafeteria to serve extra food at lunch to keep children well fed. And the 42 children who were a part of the school's weekend food program were given extra food by donors to restock their pantries at home.

Newton Parrish School Family Resource Center, Daviess County

FRC staff polled students to learn family needs and called those families to offer assistance. The school district also sent a letter offering support. Many families needed food and utility repairs. Families appreciated the personal contact.

Graves County Family Resource Center

FRC staff used the Alert Now all-call phone system to tell families the center was open and available to assist with individual family needs. Staff and the principal also made home visits to ensure all of the families were made aware of available services. Donations of water, food and blankets were distributed to families. Graves County also sponsored a "Restock the Pantry" drive. A monetary donation to the district FRYSCs enabled staff to work with a local laundry service to assist families in cleaning clothes and to pay utility bills for families who needed assistance replacing spoiled food and purchasing a generator.

Madison Middle and Madison Central High School Youth Services Center

Staff ensured that several students whose families lost utilities had toiletries and could take showers at the schools. Staff helped many students with laundry, food support and clothing needs. Referrals were made to electricians for students whose families needed assistance. Pamphlets on the dangers of carbon monoxide poisoning were distributed to every student.

Rowan County Middle School Family Resource Center

Staff provided food baskets, to several families during the school's two-week closing.

Larue County Family Resource Center

Families who lost utilities were offered toiletries and were able to take showers at the school. Transportation was also provided to several families.

Trimble County Schools Family Resource and Youth Services Center

Staff moved their home base to the emergency shelter after the storm and provided children there with games, activities and educational lessons to help pass the time and get their minds off of the stressful situation. Parents and guardians were so appreciative of the break.

Menifee County Family Resource Center

Center staff aided families who lost food because of utility outages and helped them get in touch with their energy providers.

Garrard County Family Resource Center

Staff worked every day of the storm and helped several families. A shelter was set up at the county middle school, where hot meals were served. Staff provided food, blankets and flashlights and assisted families with food stamp replacement information. Families were very appreciative of the assistance.

Meade County Family Resource Center

Staff provided families with firewood, diapers, water and blankets and provided assistance for those seeking food stamp replacement benefits. Families also got help with school uniforms replacement.

Red River Valley Family Resource Center, Wolfe County

Staff provided food, blankets, firewood, generators and water to families and made referrals to the county judge-executive's office for additional services. The center also helped with electric and utility bills.

Families First Youth Services Center, Lincoln County

Center staff partnered with the Red Cross to help families with needs like food, clothes and water. The county's middle and high schools were opened for families who needed showers. Staff personally visited families whose children had medical issues.

Bridgeport Elementary School Family Resource Center, Franklin County

Teachers polled students to identify families without power. Center staff sent families a letter with information about carbon monoxide poisoning prevention and contact information for the

American Red Cross and the local food bank. Center staff provided teachers with extra hats and gloves in case students needed them.

Meadow Lands Elementary School Family Resource Center, Daviess County

Staff personally checked in on families and referred many to area shelters. Students were given a long list of area resources and information, such as food safety. Families were given meals, and the school hosted a hot dinner night and a food drive.

Goodrich Family Resource Center, Boone County

Partial proceeds from a school "Penny War" went to a food pantry in Grayson County, which was hard hit by storms. Students reached their own fundraising goal and had \$400 left to send to Grayson County.

Daniel Boone Family Resource Center, Madison County

Center staff fulfilled several requests for food and toiletries. Some families were referred to emergency food banks or shelters.

Frankfort Independent Schools Family Resource and Youth Services Centers, Franklin County

Only two families were seriously affected by the storm. One child broke his arms when a weakened branch fell on him. Another family had to move out of their rented home so water pipes that burst could be repaired. FRYSCs is helping that family find another place to live.

Sturgis and Uniontown Elementary Schools Family Resource Center, Union County

Staff made phone calls and home visits to all absent students. They collected bottled water, blankets and nonperishable food to send home to needy students.

Kit Carson Family Resource Center, Madison County

The Kit Carson Family Resource Center assisted two families that were victims of a house fire. Staff contacted the American Red Cross to make sure they had food, clothes and shelter. The center provided several families with transportation to the county family support office.

Longest Family Resource Center, Muhlenberg County

Center staff provided students toiletries, clothes and an opportunity to shower at school. Staff made direct contact with families who lost power to see what resources were needed.

Fleming County Youth Services Center

The Fleming County Youth Service Center sponsored a "Souper Bowl" of Caring activity, and students donated almost 250 cans of food or nonperishable food items.

Metcalfe County Family Resource Center

Staff provided water, flashlights and blankets to families. Because the county was still under a boil water advisory when students returned to school, center staff provided hand sanitizer and coolers for hot water so students and staff could clean their hands.

North Madison Family Resource Center, Madison County

Staff assisted at the local shelter, where meals and clothing were provided. The center also provided food baskets and service referrals to families.

Family Resource and Youth Services Center, Livingston County

Staff provided students with food and water and helped families get showers and do laundry. Staff also ensured families who were without power got assistance.

North Warren Family Resource Center, Warren County

Students collected food to donate to needy families and staff helped deliver them.

Morgan County Middle School Youth Services Center

Staff helped open a center where families could eat hot meals each day, and they also delivered food to those who could not leave their homes. Food was also provided to families in nearby Wolfe County. Staff partnered with other businesses and agencies to provide clothing, kerosene and laundry service to families. After the storm, staff participated in Red Cross disaster training.

C.O.P.E Youth Service Center, Caldwell County

Staff took several referrals during the storm and was able to coordinate services with the Migrant Education Program to avoid duplication of services.

Family Connection Family Resource and Youth Services Center, Fulton Independent School, Fulton County

Staff volunteered at a nearby shelter to serve meals, wash clothes and prepare food boxes.

Washington County Family Resource and Youth Services Center

Staff assisted the Red Cross by providing clothing to families who stayed at the shelter, which was located in the county high school for easy family access. The school also sponsored a food drive and provided food to needy families.

North Washington Family Resource and Youth Services Center, Washington County

Staff helped contact all students to make sure they were safe and aware of the availability of the local shelter and the boil water advisory. Staff also provided food and distributed information about food stamp replacement benefits. For one family whose home was destroyed by fire because of electrical problems, the center started a donation drive to help.

Southern Elementary Family Resource and Youth Services Center, Ohio County

Staff provided clothing and activities for families staying at the county shelter, located at the school.

Fulton County High School Family Resource Center

Staff helped feed families without power and the utility crews that repaired county power lines. Several local families volunteered, and many area businesses donated food.

Living Well: Alcohol Awareness Month

If you hear about alcohol awareness in the month of April, many of us would immediately think about college spring break. However, alcohol abusers are not limited to the young. The National Survey on Drug Use and Health reported people who abuse alcohol to be:

- College students who binge drink at parties or bars.
- Pregnant women who drink placing their babies at risk for fetal alcohol syndrome.
- Professionals who drink after work.
- Senior citizens who drink because of loneliness.

In addition to these groups, the Occupational Safety and Health Administration (OSHA) reports that a majority of drug and alcohol abusers are gainfully employed. In 2005, there were approximately 17.2 million drug users 18 or older, with 12.9 million or 74.8 percent listed as employed either full or part time. Further research has proven that these problems are spilling over into the job. Between 10 and 20 percent of the nation's workers who die on the job test positive for alcohol or other drugs.

If you are not sure what to look for, here are some warning signs of possible alcohol abuse. If you or someone you know answers "yes" to any of the following questions, there may be a problem with alcohol abuse:

- Do you drink alone when you feel sad or angry?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

If you or someone you know is experiencing additional pressures due to the debilitated economy, the KEAP program is a free service for all employees addressing problems concerning marital, family, emotional distress, alcohol and or drug abuse, financial or medical issues. All of these issues can diminish an individual's job performance. This service also provides immediate crisis intervention, grief response and management consultation as well as a confidential mental health screening program for alcohol and depression. The KEAP staff consists of trained professionals and can be contacted during working hours with a supervisor's approval. Please bring your lunch and listen while a KEAP staff member discusses their services for state employees and dependents. Contact KEAP staff by calling (502) 564-5788 or toll free at 1-800-445-5327 or you can visit the Personnel Cabinet's Web site at <http://personnel.ky.gov/emprel/keap/>

Fiscal War

A few weeks ago, I picked up a copy of Glamour, one of my all-time favorite magazines, at my local supermarket. Much to my happiness, this issue – a special anniversary edition – was brimming with delightful strategies for waging fiscal warfare. At first, I thought this would be a great resource. Then, the more I thought about it, the more I decided a better savings tip would have been not to buy it in the first place.

This all stems from the fact that I have a love-hate relationship with magazines. In many ways, they are absolutely wonderful. So glossy. So glamorous. So full of what is generally information I don't even come close to needing. They're glorious! I mean, sure I could live without knowing the top 10 new ways to spice up my spring wardrobe using only nautical themed items. The thing is: possessing this kind of knowledge seems to make me really happy. Alas, magazines are my fiscal albatross. I have no idea how much money and time I have wasted at the newsstand over the years. I do know the number isn't small.

Luckily, I work in a field where this sort of rabid media consumption isn't only common – it's actually encouraged. I have a whole office full of magazine, newspaper, newsletter, fliers and blog lovers. While this certainly hasn't rehabilitated my magazine addiction, it's helped. We do a lot of recycling and passing along of magazines and books from person to person. Sure, I still buy magazines rather frequently, but I'm certain my spending has been curbed (at least somewhat).

So, if you have a spending addiction, perhaps it's best to realize it may never fully be cured. However, if you look around and collaborate with others, you'll find a way to at least lessen the fiscal battle wounds.

Fiscal Money Saving Tip of the Week: Love periodicals but you're short on funds? Don't forget the public library has tons on hand dating back decades. You don't have to spend a dime, and you just might discover that thumbing through 1970s editions of Vogue more intriguing than what is on the newsstands now.

Got a money saving tip? Contact Beth Crace Fisher at Beth.Fisher@ky.gov to share.

Employee Enrichment

By Anya Armes Weber

Listening to music can boost your mood, help you relax or get you motivated. But if you listen to music at work, consider these tips from CareerBuilder.com to listen responsibly.

Keep it to yourself. Use headphones. Or, if you have a walled office or are pretty much on your own, at least keep the volume fairly low so the sound doesn't carry to other spaces.

Keep the sound quiet enough so you can hear your phone ring, the fire alarm or someone calling your name.

Don't sing aloud. Your co-workers don't want to hear your music, and they really don't want to hear you sing along to it.

Know your office's computer use policy. Don't use your work computer to download music for personal use.

Be considerate. If someone else is bothered by your music, find a happy compromise.

